

**in this issue: wide-reaching, educational resources in print and on the web**

## Latest News

### The Nutrient Restoration Project

In August 2015, the FTCF launched a new project in order to address the growing need for information and education about the connection between healthy soil and human health.

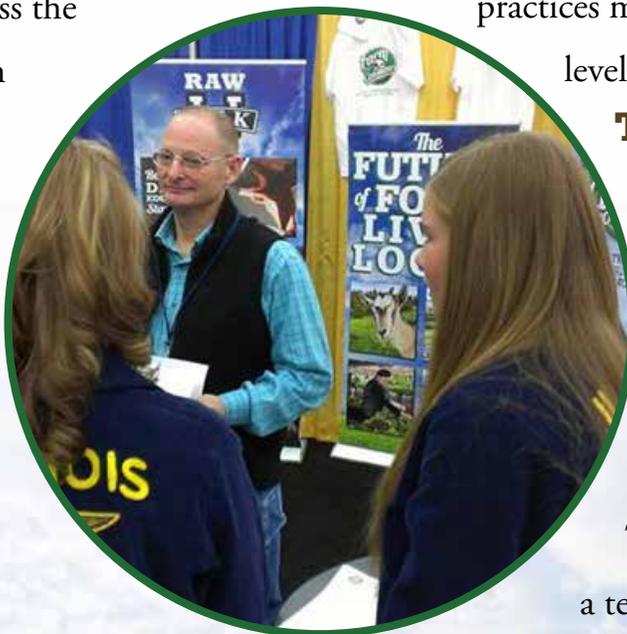
The FTCF and holistic nutrition experts from Hawthorn University are collaborating to create educational resources around this important topic. The goal of the program will be to provide easy to use and understand tools for any consumer to understand the value the food they are buying.

In the future educational programs for nutritionists, dietitians, and nutritional therapists (through online courses at Hawthorn University), as well as curriculum support to educators, course

students about how to evaluate agricultural practices make food choices with higher levels of nutritional content.

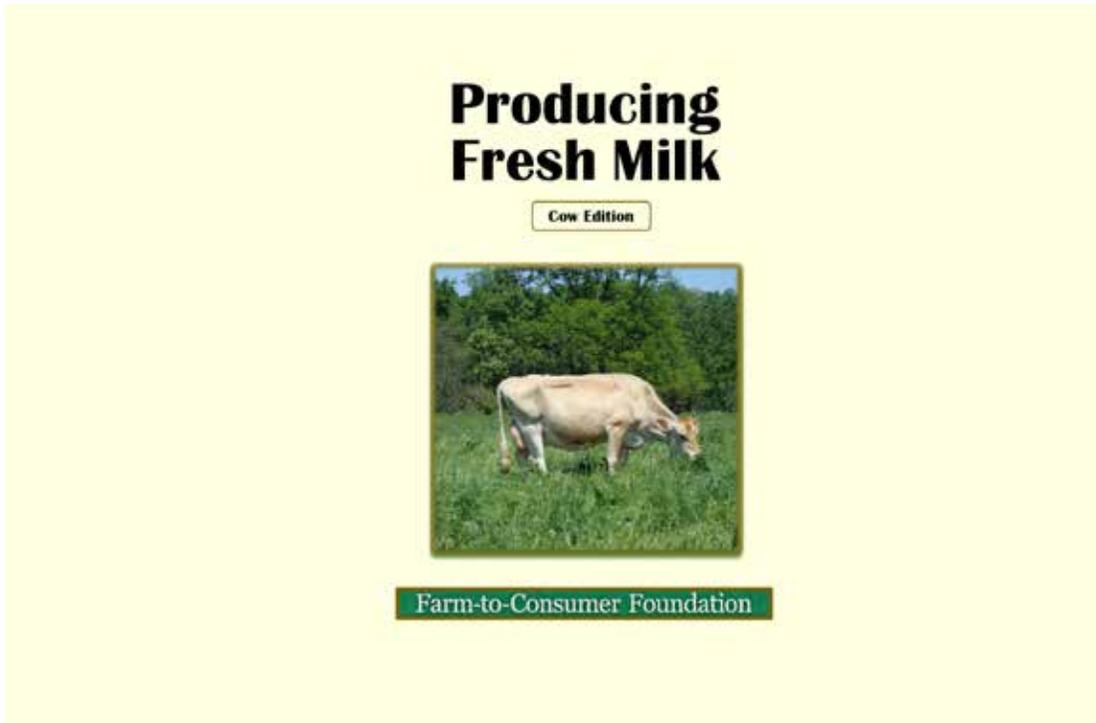
### Teacher Workshop at 2015 National FFA Convention & Expo

In addition to exhibiting at the FFA convention, as we have in previous years, Tim Wightman will present a teacher workshop at the 2015 National FFA Convention & Expo entitled “Feeding People, Not Corporations: Local Food and the Future of Agriculture”. Tim will talk about how the local food movement is keeping small and mid-sized farmers in business and strengthening local communities. He will discuss how and why this movement got started, where it is today, and why it is important to the future of agriculture.



# New Book!

## *Fresh Milk Production*



The conversation doesn't end with this newsletter!

We extend our resources and topics of discussion to our website.

Please go to:

[www.f2cfnd.org/our-newsletter](http://www.f2cfnd.org/our-newsletter)

where you can also register an account to continue the discussion. Your input will help guide our content and our organization.

Eat well.

The FTCF Fresh Milk Production Publication was completed in July and is available for purchase on the FTCF website!

Ten individuals, including farmers, veterinarians, researchers, health professionals and educators, served as members of the expert panel and contributing authors for this publication.

Subcommittee members Tim Wightman, Rebecca Brown, Sharon Wilson and Ted and Peg Beals, as well as Project Manager Lily Dougherty-Johnson worked with Gerald Snyder, Arden Nelson, Marguerita Cattell, Ton Baars, and Joseph Heckman to complete this project.

**Fresh Milk Production is available in both physical and ebook formats at [f2cfnd.org](http://f2cfnd.org)!**

Using the Guide to Good Dairy Farming Practice, published by the United Nations and the International Dairy Federation, as a starting point the Fresh Milk Production publication was written and reviewed by the aforementioned experts over a period of two years.

Within the next year we will be publishing a goat version of the Fresh Milk Production publication, and there is also a plan to update both versions in 5 years (2020).

## Biological Farming Workshop at the National Heirloom Expo

At the National Heirloom Expo in Santa Rosa, CA in September 2015, Tim Wightman, president of the Farm-to-Consumer Foundation, presented a workshop entitled “The Biological Advantage - Better Soils for Organic Food and Forage through Biological Farming”.

In this workshop, Tim discussed the benefits of biological farming, an approach to farming that aims to balance the minerals in the soil in order to support microbial life, which in turn provide nutrients to the plants (and animals).

Tim’s presentation covered the basic practices that lead to balanced soil, including promoting plant diversity, using cover crops, proper tillage techniques, mitigating soil compaction, and strategically applying correct soil input and foliar fertilizer at the optimal time - all with the aim of fueling the soil microbe population.

Tim received a very positive response from the participants and wished that he had had more time



to discuss the topic further.

Check our website for information about our upcoming workshops and contact us if you would like to have us present to your group or organization!

[www.f2cfnd.org](http://www.f2cfnd.org)

## New Educational Resource Center for FFA Students and Teachers



We now offer an educational resource center on our website for FFA students and teachers!

In response to requests over the years for more information about the local food movement and sustainable agriculture, the FTCEF now provides a collection of resources that can be downloaded,

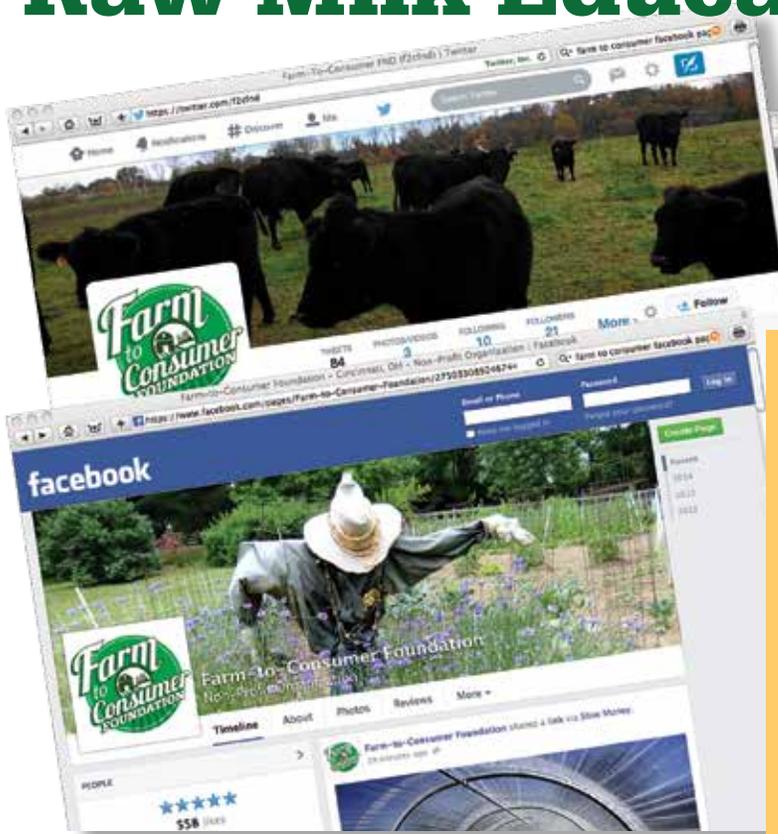
viewed online, or ordered based on student and teacher preferences. For students, we have gathered and organized information about apprenticeship and training programs, college and university programs, as well as books, movies and websites to further inform curious minds. For



teachers, we have assembled useful information for the classroom, including curricula for download or purchase, farm-to-school initiatives, local farmer connections, and much more.

Visit our website at [www.f2cfnd.org](http://www.f2cfnd.org) to explore and learn more!

# Facebook Notes Series: Raw Milk Education



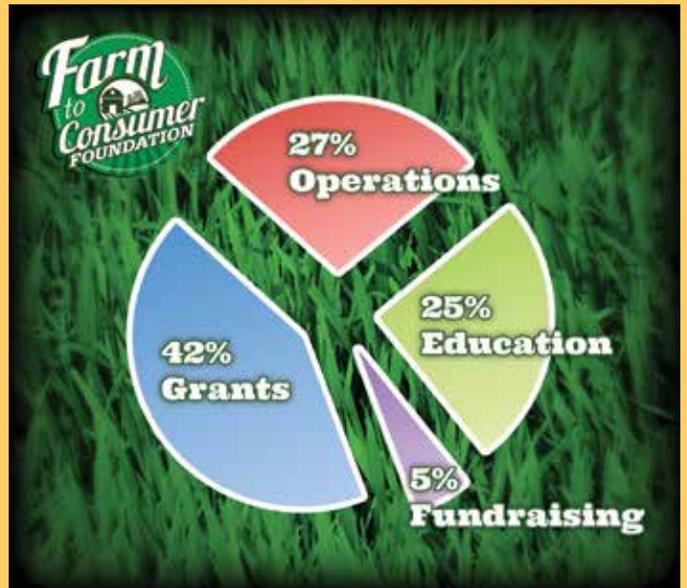
## Our Vision

Supporting farmers engaged in sustainable farm stewardship and promoting consumer access to raw milk and local foods.

## Farm-to-Consumer Foundation

Building the Foundation for a sustainable local food movement.

2692 Madison Rd. Suite N1-371 Cincinnati, Ohio 45208



## Please Donate

We don't grow the food, we help make it better. Your donations put "sustainable" into our educational programs, and will be tax-deductible to the fullest extent allowed by law. [EIN 26-0758408]

Online: [www.f2cfnd.org/donate-today/](http://www.f2cfnd.org/donate-today/)

via mail:

**Farm-to-Consumer Foundation**  
2692 Madison Rd. Ste. N1-371 Cincinnati, OH 45208

Or, you can call to set up a monthly donation schedule: **513-593-9430**

Check out our new Facebook Notes Series about raw milk production! In this new series the leading experts on raw dairy production will present tips and suggestions for your dairy.

New topics in the series will be published every other week.

Topics will alternate between information on cow milk production written by Tim Wightman, a long-time dairy consultant and President of the FTCF, and on goat milk production by Sharon Wilson, a raw goat milk expert, FTCF Board Member and FTCF Secretary.

Want to know how to learn more? Look out for raw milk production articles to be published as Notes on FTCF's Facebook page.